



# TENNESSEE STATE PARKS ACE RESILIENCY PROJECT

Adverse Childhood Experiences

# Tennessee State Parks



# Tennessee State Parks Vision



*“We believe there is **inherent value** in the natural environment.”*

*“We believe that the observation and experience of natural things in a setting removed from the hectic world of the day-to-day can **uplift and re-create the human spirit.**”*

# Tennessee State Parks Vision



*We believe “our natural and cultural resources provide **context and continuity** to our lives and help to **make us whole**. The **intrinsic worth** of these resources is **beyond monetary consideration**.”*

# Nature and Health

**Research shows that nature based interventions for mental healthcare, such as Care Farming, have multiple benefits\*:**

Reduction in  
depression,  
stress &  
anxiety



Increased social  
contact, inclusion &  
feeling of belonging



Improved self  
esteem, confidence &  
mood



Increase in  
meaningful activity  
& personal  
achievement



**Transforming Mental Health & Dementia Provision with the Natural Environment, National Outdoors for All Working Group.  
Report due January 2017.**

\*Ref NECR204 [www.gov.uk](http://www.gov.uk)

# Nature and Health

## Regular Experiences in Nature Improve:

- Attention span
- Self-Regulation
- Mental Health
- Physical Health

And, in children, regular experiences in nature can **reduce stress by 28%**.



# BSB Innovation Grant

## Tennessee State Parks ACE Resiliency Project

### Primary Goal:

Increase the understanding of how outdoor learning and nature-based experiences promote emotional healing, self-confidence, and overall mental health.

**Walk the Talk @ Frozen Head State Park!**



# Our Plan

Community: Free Monthly Park Events

Rangers: Workshops and Trainings

Teachers: Professional Developments  
and Experiential Days at the Park

Students:

Classroom Programming  
Field Trips  
Afterschool Programming





# Community: School Kickoff



CCC History In Action



Sunbright School Pep Band



# Community: School Kickoff



Family Creek Exploration



CCC History Hike

# Rangers: Workshops





# Teachers: Workshops



# Students: Afterschool



Mindfulness in the Outdoors



# Students: Afterschool



Young Scientists Exploring

# Students: Afterschool



## I am Strong Like A Tree

Big Life Journal

**Make your own 4 - page poster!**

Have you seen trees swaying in high wind? Despite the wind, they keep standing tall and strong because their roots are deep.

You can think of your life as a tree! The loving adults, teachers, friends, your thoughts and values are roots which keep you standing strong. Challenges you face are like the wind. You can stand strong and tall despite the challenges because of your deep roots!

### HOW TO MAKE YOUR TREE POSTER

- 1 Print out the 4 pages of the poster. Cut along the dotted lines (cut on the inside line so the black dotted line does not show).
- 2 Line up the edges and tape the front and/or back of the poster.
- 3 Next to the roots, draw or write people, things, animals, thoughts, and values that make you feel loved and supported.
- 4 On the wind lines, draw or write challenges that you are facing.



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# Students: Camp-in



Football with a Ranger



Create a Game

# Students: Camp-in



Team Knot Game



Dance Party with a Ranger



# Students: Camp-in



Taking Home the Memory



Time to Camp In

# Next Up



**Spring Break Camp**

**Teacher Workshop  
at the Park**

**End of the School Year  
Family Cookout and  
Student Camp-in**

**Summer Camp**

**Summer Reading  
with a Ranger**

# Meet a Ranger

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**Ranger Kayley Kempton**

Frozen Head State Park

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# Contact

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STOP STARING AT THE SCREEN  
AND

**GO OUTSIDE**

